

HMB AREA 48 NEWSLETTER

AA Principles of the Month

Step I - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition I – Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept I - Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our fellowship.

First Tradition Checklist

- My sobriety depends on unity with you. What am I doing to help build that unity?
- Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
- Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into arguments?
- Am I gentle with alcoholics who rub me the wrong way, or am I abrasive?
- Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole or just the parts I understand and approve of?
- Am I as considerate of AA members as I want them to be of me?
- Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept XII Checklist

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

HMB EVENT SCHEDULE - 2011

February	NERAASA	SENY	February 25-27
March	NERD	Ocean City, NJ	March 11-13
	Fellowship Day	Hudson Valley Cluster (District 7 Host)	March 19
	Corrections Connection	TBA	March 26
April	Delegate's Day	Adirondack Cluster (District 5 Host)	April 16
May	Area Assembly	Central Cluster	May 15
	Northeast Regional Forum	Sturbridge, MA	May 20-22
June	Fellowship Day	Western Cluster	June 18
July	NY State Convention	SENY (Tarrytown)	July 29-31
August	NYS Informational Workshop	HMB (TBA)	August 19-21
September	Election Assembly	Eastern Cluster (District 18 Host)	September 10
October	Area Assembly	Central Cluster (District 14 Host)	October 15
November	HMB Convention	Hudson Valley Cluster (Fishkill)	November 4-6
	Fellowship Day	Western (TBA)	November 20

January 18 7:00 p.m. The Capital District Central Office (CDCO) is holding its monthly business meeting in Room 130 at the Schuyler Inn- 575 Broadway (Rte. 32) in Menands. Please have your group send a representative; all groups sending reps have a voice and a vote in how CDCO operates. For more information on how your group can get involved in carrying the message, call (518)463-0906 or visit our website <http://www.aaalbany.org>

February 12 5:00-7:30 p.m. Albany YPAA Speaker Jam. 1st Presbyterian Church, Corner of State and Willett Streets, Albany. Speakers from Burlington VT.

Ongoing in Area 48 EACYPAA Bid Committee Needs You Meetings are held Wednesdays at 8:30 pm after the Saratoga YP meeting at 36 Phila Street (2nd Floor), Saratoga Springs, NY 12866. We are looking for supportive people with all levels of service or for those who are interested in increasing the involvement of YPAA in Area 48 **Contacts:** Maria (518) 441-5511; Will (419)215-2907; Tori (518)701-5070, or e-mail saratogaecypaabid@gmail.com.

DISTRICT AND GROUP TREASURERS—below are the addresses in which to send contributions....

HMB AREA ASSOCIATION
RTE. 30, #114
118 POLAR PLAZA
AMSTERDAM, NY 12010



GENERAL SERVICE OFFICE
PO BOX 459
GRAND CENTRAL STATION
NEW YORK, NY 10163

NERAASA 2012: March 2 – March 4

CROWNE PLAZA
State and Lodge Streets
Albany, NY 12207
Hosted by Area 48 HMB
Hudson-Mohawk-Berkshire
NERAASA2012@gmail.com

area48newsletter@gmail.com

January 2011 Area Delegate Report

The theme of the 2011 General Service Conference is “We Are Responsible for A.A.’s Future – Let It Begin with Us”. As we start the new year, I would like members to give consideration to what this means relative to our 36 spiritual principles and how the theme embraces Recovery, Unity and Service. The presentation and topics that are to be presented at the conference are things that can be discussed by us here at the Area, but also in our Districts and groups. The Conference process is not just about the week-long business meeting, it is about us taking a year-long consideration of the topics and how we can continue to provide our programs of service.

Prior to NERAASA (North East Regional A.A. Service Assembly) the delegates will receive the agenda for the General Service Conference. Some of those topics will also be included in the agenda for NERAASA and will give people an opportunity to get a regional perspective on some of these topics. It is also a tremendous opportunity to gain shared experience in any service position that you may hold.

61st General Service Conference

The Conference Communications Kits were sent to Conference members in December, 2010 and committee secretaries sent welcome letters to committee members. My conference assignment continues on the CPC (Cooperation with the Professional Community) Committee. The 61st General Service Conference is scheduled for May 1 – 7, 2011 in New York, NY.

HMB Area Members will have opportunity to share on conference agenda topics through a number of means:

- Delegate Conference Questionnaire that will be made available by February 2011
- Participating in workshop discussion topics at the HMB Fellowship Day – March 19, 2011
- Participating in service committee discussions at the HMB Day of Sharing – April 16, 2011.

I look forward to working with all of you in preparing for the conference.

In love and service,
Deb D - Panel 60 - Area 48 HMB Delegate
HMBArea48Delegate@hvc.rr.com

January 2011 Area Chair Report

Dear Fellow Members,

Here we are starting off a new year; it just seemed like yesterday that the new members of Panel 60 were introducing themselves at Inventory Day. For myself I will say that ever since I got involved in Service Work the time just flies as you are always planning ahead to an event or two and sometimes more. Anyway I sincerely hope everyone had a joyous holiday season, I know mine was filled with life's ups and downs but in the end I am grateful as ever for the program of Alcoholics Anonymous and those in the Fellowship to help me deal with life on life's terms.

By the time you receive this Inventory Day (Jan.8th) will have come and gone but I want to include a couple of Service openings that I hope we get filled at the event. I have sent these out recently via the Area Newsletter and a blanket email to all Area Officers, Committee Chairs & DCM's. Here they are:

Our Area Website Chair Maryanne is moving away from the Area in the near future. Needed immediately are one or more people to make themselves available to serve the Area in overseeing, updating and evolving the website to continue to serve the Area. Open service positions include Website Chair, Alternate Website Chair, and web developer(s) to serve on the committee. Website programming skills are a requirement of this service position. If you are qualified and have the time to dedicate to this service position please contact me.

As of January 15th Chris M will be stepping down as the Area Alt. Secretary / Registrar thus we will need to fill this position also. This a time consuming job and computer skills are a must as in the posting above. If you meet these qualifications or know of someone who does please contact me at: hmbareachair@hvc.rr.com or call either (H) 845-331-4213 or (C) 845-242-2744.

Many thanks to both Maryanne and Chris for their friendship and service to HMB Area 48 and the Fellowship. I wish them the best of luck in the future and look forward to our paths crossing again.

A reminder that NERAASA is scheduled February 25-27th in Tarrytown and if you plan on attending you should make your reservations now at NERAASA.org.

Last but not least a warm welcome to all of those who have taken on new service positions as of the 1st of the year and many thanks to those who rotated out. It is an honor to work the 3rd Legacy with all of you as we trudge down this road of happy destiny! May the God of my understanding continue to bless all of you.

In Love & Service, Keith D Panel 60 Area Chair/ Alt. Delegate

January 2011 Area Convention Chair

I have the honor of serving you as next year's Area 48 Convention Program Chair, and I would like to reach out for some help. We have decided at our committee meeting to encourage participation in choosing the sub-topics of the workshops at the Convention. The following are the Theme, and Workshop titles, and we would like to ask the Area to fill in the blanks:

"We are Responsible for A.A.'s Future -
Let it Begin With Us."

The following will be presentation workshop panel topics for the 2011 General Service Conference. Please review them and submit your suggestions to me as soon as possible, so we can put together our agenda:

- a) Alcoholics Anonymous in a Digital Age:
 - 1. ?
 - 2. ?
 - 3. ?
- b) An Informed Group Conscience: The Voice of A.A.:
 - 1. ?
 - 2. ?
 - 3. ?
- c) Diversity in A.A.:
 - 1. ?
 - 2. ?
 - 3. ?
- d) Sponsorship:
 - 1. ?
 - 2. ?
 - 3. ?

Kevin B.
2011 Area Convention Chair

IMPORTANT NOTICE:

**AREA SERVICE POSITIONS
AVAILABLE**

WEBSITE CHAIR

ALTERNATE SECRETARY

The current Website Chairperson, Maryanne N will be leaving the State of New York to pursue an employment opportunity. As a result, she will need to resign immediately from her service position to the Area. Thanks to Maryanne for her service to the Area.

Needed immediately is the need for one or more people to make themselves available to serve the Area in overseeing, updating and evolving the website to continue to serve the Area. Open service positions include Website Chair, Alternate Website Chair, and web developer(s) to serve on the committee. Website programming skills are a requirement of this service position. If you are qualified and have the time to dedicate to this service position please contact the Area 48 Chairperson, Keith D. If you know of someone who might be qualified, please pass this information along to them.

Thank you!

In love and service,

Keith D. – HMB Area 48 Chair

845-331-4213 (H)

845-242-2744 (C)

hmbareachair@hvc.rr.com

January 2011 Area Treatment Chair Report

Since my last published report, a lot has happened.

We have gotten a number of requests from Tully Hill rehab center in Syracuse. I have turned them over to Erin. This facility evidently handles quite a few patients that are released to our area. The past director who was not a member of AA simply released them into the communities on their own. This new director, having some knowledge about us, has asked for our support for those patients being released to us. I'm sure we will be seeing a lot more Bridges from them.

I went to the HMB convention and it was wonderful. The planning committee deserves a loud round of applause for the great job they did. I can't say enough about the work shops and speakers. I made a lot of new friends and renewed old acquaintances. I went to bed each night exhausted with the knowledge and motivation I received.

Bill G. from Plattsburgh, Corrections Chair for our area, has been ill and has asked me to help out with the Corrections Connection. Along with Pat L. and John D., from the Lake George area, I think that we will pull it off. It will be Saturday, March 26, 2011, from 9-11 with coffee and donuts, at the Sacred Heart Church in Lake George. Among the speakers will be Father Young, who actively works with people who are getting out of prison and helps them to turn their lives around. He will tell of his efforts and how it affects these people. Others we are in hopes to enlist are Janet Tool from the Department of Corrections, Erin D. from Bridging the Gap, and Bill G., your current Corrections Chair. Be sure to attend as it is a very exciting and informative work shop.

I have been contacted by the Latham Elks. They are going to have what is termed a Stand Down the first Saturday in October. What it amounts to is, they go around in a 60 mile radius and collect homeless veterans. They feed them for the whole day, give them a complete physical, (including a mammogram), dental exam, and give them 3 complete changes of clothes including socks and underwear and coats. People from Section 8 Housing will be offering assistance along with people from Price Chopper to offer jobs. There are lawyers there to give them free legal advice and a whole lot more. They have asked us if we could set up a booth to help anyone who might be interested in doing something about their alcoholism. I am almost positive that we can lend a hand as our Responsibility Pledge tells us to do. If any one would like to help out in this effort, please let me know (518) 732-4380.

I will be giving a report at the Inventory Day about the complexity of this position. Hopefully by then I will have an upgrade to the amount of treatment committee chairs who have given me reports, but I won't hold my breath. It is very difficult to give a report as to what is going on in our Area when no one will let me know. It's too bad that we don't have more treatment chairs to begin with, and those that we do have don't take more pride in their positions. Come on folks, prove me wrong.

Love in service-Bill C

HMB Area 48	
Monthly Treasury Report	
December 2010	
Beginning Balance	\$9,011.30
Income	
Area Contributions	\$2,052.23
Total Income	\$2,052.23
Expense	
Delegate	\$157.18
Bridging The Gap	\$149.49
Grapevine	\$281.29
Public Information	\$45.00
HMB Convention	\$289.58
Mail Box Service	\$51.30
Website	\$19.00
Total Expense	\$992.84
Net Income	\$1,059.39
Balance	\$10,070.69
Prudent Reserve	-\$7,000.00
Available Funds	\$3,070.69

Prepared by Chris S.
treasurer@ahmbny.org

January 2011 Alternate Treasurer Report

It's been a busy month or so for me collecting the meeting schedule orders. A few stray orders are still trickling in. The count right now is 128 separate orders totaling about 31,000 copies to be printed. Chris M, our Registrar, and Marcy N, Webmaster for ny-aa.org have been extremely busy updating records and getting the data formatted for the books and are about done finally. It is a gargantuan task and my hat's off to them for their service. The copy and order will go to the printer on January 12th, they will produce proofs for our review, and then start printing and shipping them out. I would anticipate people will start seeing them the first week of February. Orders may still be placed and will be filled from the 3000 extra copies that the Area purchases for groups that either missed the deadline or did not order enough.

The Finance Committee will be starting to work on the 2012 proposed budget shortly. If anyone wants to provide us with input, please send it to me at the email address below or call me (518 366-5631). We will be happy to include your ideas in our discussions.

Yours in service,

Tad J.

Alternate Area Treasurer

hmbalttreasurer@nycap.rr.com

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

-Dr. Bob (Farewell Address)

area48newsletter@gmail.com

HMB Area 48 2011 Meeting Schedule Order Form

Hudson Mohawk Berkshire Area 48 of Alcoholics Anonymous 2011 HMB Meeting Schedule Book Order Form

Limited Quantity Available

Please Make Checks Payable To: "HMB Meeting Schedules"

Schedules are \$.30 ea. (Minimum order 10)			
Shipping Cost:			
10-50	\$6.00	601-900	\$27.00
51-100	\$6.00	901-1200	\$36.00
101-300	\$9.00	1201-1500	\$45.00
301-600	\$18.00	1501-1800	\$54.00

ALL ORDERS MUST BE PREPAID

Mail Orders To:

HMB Meeting Schedules
PO Box 74
Castleton, NY 12033

Inquiries to: hmbalttreasurer@nycap.rr.com
(518) 366-5631



ORDER INFORMATION
No Shipping to PO Boxes

PLEASE PRINT LEGIBLY

Name: _____ Group or Organization: _____

Street Address: _____

City/Town: _____ State: _____ Zip: _____

Contact Person: _____ Email: _____

Phone: _____

Order Quantity: _____ X \$.30 = \$ _____

Shipping & Handling: _____ = \$ _____

Total Enclosed: \$ _____

Important Message from the Area

The Seventh Tradition (long form)

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Dear Trusted Servant,

We are writing today to remind the Districts, Groups and individual members of HMB Area 48 of the importance of contributions to the Area, and to urge you to be as generous as possible in these last couple and first few months of the year, when our expenses are highest. *Certainly, the most critical point to this letter is that at this time, the Area treasury is close to prudent reserve with many expenses coming up. In order for us to continue our service efforts, we are asking for your support. Please share this letter with your home groups and other groups in your Districts.*

We are excited about the many opportunities for service at the Area level. All of the officer and committee chair service positions are filled for 2010-11, putting us in a strong position to carry the message of AA to the still-suffering alcoholic. Through Correctional Facilities to Special Needs to Treatment Facilities, to name just three committees, the Area brings the message of hope to people who don't have ready access to the Fellowship.

The monetary contributions from the Districts and Groups in our geographically large Area are what make these services possible. The basis of all service – one alcoholic talking to another – cannot be valued in dollars, thank goodness, but setting up and running the service structure to allow that to happen does require contributions. It is where money and spirituality mix.

For the Area, the first two months of the year is when many of the largest bills are due. These include the semi-annual allocations to the Area Delegate and Area Chair to travel, attend conferences, arrange mailings and do the myriad other things required of them; paying once-yearly fees for archives storage, insurance and meeting book printing; and helping defray costs for officers and committee chairs to attend the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA), which vastly improves their ability to do their jobs.

Contributions can be sent to the Area at:

HMB Area Association
118 Polar Plaza
Route 30, #114
Amsterdam, NY 12010

We cannot begin to express our gratitude for all the service done by the hundreds of trusted servants at the Area, Districts and Group levels, and we appreciate your consideration and support in this time of need.

In love and service,
Keith D. – Panel 60, HMB Area 48 Area Chair

HMB AREA ASSOCIATION

RTE. 30, #114

118 POLAR PLAZA

AMSTERDAM, NY 12010